



Squad Progression and Criteria 2025/26

Development Squad

Coach: Lead Coach Lauren Holmes

Hours per week: 6 hours pool time and 1 hour land training Plus opportunity for 1.25 hours development session
minimum 3 swim sessions + 1 strength and conditioning a week

Focus	Advancing skills, techniques and overall athletic development with emphasis on progressing endurance and stamina ability.
Squad Criteria	<p>Able to complete both Pre-Pool and Post Pool and understanding of its importance</p> <p>Understanding how to take Heart Rate (HR) including working with PB+ and RPE Model training sets</p> <p>All four strokes legal including legal starts, turns and transitions</p> <p>Must have demonstrated ability to swim a 200IM to satisfaction of lead coach.</p> <p>Can complete 8x100 free @2.10 with tumble turns to satisfaction of coach</p> <p>Willingness to set personal goals (with guidance from coach) and work towards attaining them with a commitment to team events</p> <p>Must be able to use timing clock independently</p> <p>Continue development fundamental movement skills as part of land training session</p>
Commitment	<p>To swim successfully during club training and competitions aspiring to compete at County/Regional's, Level 2 and 3 meets (or in other swim disciplines) with strong commitment to the programme.</p> <p>Expected to swim for the club in League and other team events as directed by the coaching staff.</p> <p>Swimmers are expected to attend regularly as many pool session as they can each week including land-training.</p> <p>Ability to take onboard constructive criticism, verbal instructions/directions and apply to stroke</p> <p>Understand race planning at competitions by working with lead coach in developing self-reflection and post race de-brief.</p> <p>Developing ability to understand areas of competitions to work on throughout season.</p>